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tions which are sufficient compensation for the energy and patience expended. Advantage has been taken of the fondness of mothers for imparting knowledge of the management of children, and every means used to give practical instruction that may become a useful element in the neighborhood. That the successful mothers are advertising agents is attested by the growth in the number of babies on home-made milk mixtures, from forty-five to seventy-two in four months.

It has been helpful to get a fixed idea of what logical sequence is to be followed in the educational visits that have as their ultimate object the promotion of healthful child life, and then to pursue that idea in every particular. A conversation of pleasant social nature may be so directed that all unaware the mother has been given fundamental facts about ventilation, personal hygiene, sweeping, dusting, window cleaning, dish-washing and, by no means least important, cooking. Successive visits and successive demonstrations may be the means of completing a correlated series, including regularity in the program of the baby's daily life, his right to comfortable clothing and handling, the curative power of fresh air and pure water—until the great lesson has been taught that the same measures which prevent sickness bring happiness.

Surely there is no field of nursing so bright with hope, so rich in opportunity as baby welfare work, none so alluring to the nurse who would see the prompt returns for her labor. Here even her own healthfulness and buoyancy are an inspiring object lesson and the reward for patience is always success.

II

AN ITALIAN MILK STATION

By M. A. GALLAGHER

Infant Welfare Nurse, North End Station, Boston, Mass.

THE largest Milk and Baby Hygiene Station in Boston is situated in the heart of the Italian quarter. The Association has among its objects: the encouragement of breast feeding; the production and sale of pure milk; encouragement and education by means of conferences with Italian physicians, lectures in Italian, and home visits by trained nurses.

The Italian mother is teachable, but the encouragement of breast feeding is too often defeated by a too productive maternity, which throws the infant of four to six months on the milk station for sus-

tenance,—a fairly good foster mother, but not as efficient as the real one, under proper conditions. The youth and immaturity of the Italian mother are also a handicap, the mother of fifteen to twenty is only too common.

Deaths from pneumonia are frequent among Italian babies living in unsanitary houses, made so by the vile construction of the buildings rather than the poor housekeeping of the mothers. These little tenements are surprisingly clean, considering the large families and numerous boarders, often the only source of income during the winter months when the unskilled laborer is out of work. The combination of forces between the family and the boarder keeps the family afloat until the spring work begins. Often the mother has to go to work in the factory to eke out the income, and when this happens the baby always suffers, for no matter how kindly the intentions of the father or the boarder may be, it is hard to keep impressed upon them that clouds of tobacco smoke in small, closed rooms are not the best things for the baby's lungs.

The Italian pays his bills promptly and appreciates far more that for which he pays than that which he gets for nothing. He is very hospitable, his simple meal is for anyone who will accept it. The food is nourishing and, in a great many instances, excellent, both in variety and quality. He is easily reached through his affections and can be readily taught by practical demonstration rather than by words, as the numerous dialects will always be a stumbling block to the most ambitious American who speaks Italian. These dialects are not always intelligible to some Italians themselves.

The social side of conference work is helpful and interesting. It is one of the best means of assimilation we have, as provincial prejudices are more easily broken down where people are constantly meeting and where a sufficient number of Jews and Poles are added with whom friendly relations are maintained. The sordid home life of Italian women has led those working at the Milk Station to endeavor to provide some form of entertainment, or instructive lectures, to give the mother something to think about. At an entertainment given by Italian children, two hundred interested mothers and fathers attended, and at a lecture on milk, illustrated by slides, given by one of the Italian conference physicians, the interest was marked, and repeated requests for more have been granted.

The young Italian wife is very appreciative of the husband who does not "smash her," even though it is his right, but no invitation can be accepted without his consent, and the nurse is urged to ask for

this and to explain that the lecture or concert is all right. The inevitable plea is, "May I bring the baby?" and one is often torn between the desire to give the mother a chance to get out, and that of seeing the baby in his bed at a proper hour. At afternoon functions baby is always welcome and he is very well behaved. When the mother's interest and ambition are aroused, the discipline necessary to keep the Station running smoothly is not so difficult to maintain. The mother who appreciates the fact that the record card tied to the pail insures accuracy in delivering milk, while the pail keeps the milk bottles cool, feels that these rules are not the arbitrary demands of an over-strict nurse, but are really means by which the baby's health is maintained, and that regular conference attendance binds the doctor and nurse more closely to her in a bond of real service.

III

INFANT WELFARE WORK AT THE HENRY STREET SETTLEMENT

At the nurses' settlement, Henry Street, New York City, home modification of milk is being taught with great success. The plan of procedure is outlined in the February number of the *Settlement Journal*. Two doctors have weekly clinics to which mothers bring their babies who must be brought up on the bottle.

"On the baby's first visit to the clinic it is carefully examined and the doctor writes a formula for the infant's food and gives it to the nurse with a requisition for the mother by which she may secure milk at the 240 Henry Street station. The next morning the nurse calls upon her, teaches her how to prepare the special formula which the doctor has ordered, how to keep the utensils in sanitary condition, instructs her in the care of her own hands while handling the baby's food, the care of the bottle and nipples, and the general hygiene of the child. The second day she again makes the formula in the baby's home, and by the third day watches the mother do it herself. After this she visits there from time to time to see that the standard is kept up. Meanwhile the baby is being brought once a week to the clinic for the doctor's inspection. There he is weighed and his general condition observed. If changes in the diet are necessary, the doctor gives a new formula to the nurse who repeats the method of instruction followed in the first instance." There are now 125 babies under the care of the clinic.